

Trails for All

* *Successful Strategies for Including Everyone*



Massachusetts Trails Conference 2014
Leominster, Mass



DCR Universal Access Program

Statewide Trail Use:

- Hiking
- Biking
- Paddling
- Horseback Riding
- Winter



** Make good use of existing accessible site features*

Adaptive Recreation Service Providers

- All Out Adventures
- Boston Outdoor Recreation
- Community Boating
- Holyoke Rows
- Stavros Outdoor Access
- Waypoint Adventure
- Windrush Farm



** Incorporate people with disabilities from the start*

Strategy Matrix



- Dedicated Program within Agency
- Collaborations
- Hands-on Help!
- Adaptive Equipment
- Conventional Recreation Equipment
- Accessible Locations
- Supportive Infrastructure
- Marketing
- Sharing Stories

** Have fun with your team!*

Skilled Staff

- Trainings and Certifications:
- First Aid/CPR
- Disability Awareness and Etiquette
- Instructor Level Skill
- Use of Adaptive Equipment
- On-the-spot adaptation techniques
- Inclusive Methods
- Risk Management



** Staff (and horses) should already be familiar with the park and trails*

Locations



- Blue Hills State Reservation
- Borderland State Park
- Bradley Palmer State Park
- Charles River
- Connecticut River
- DAR State Forest
- Dunn State Park
- Mt. Tom State Reservation
- Mt. Greylock
- Norwottuck Rail Trail
- Walden Pond State Reservation
- Wendell State Forest

**Lifeguards allow more people with disabilities to paddle*

**Roll out mat allows for temporary access (also ramps)*

Coordination

- Scheduling
- Communications
- Equipment purchasing
- Outreach and marketing
- Data tracking
- Troubleshooting
- Seasonal staff management
- Training
- Risk management



**Get yourself out there!!*

Hiking



**Expect further modifications will be needed on equipment you buy – and that products will change*



**Refer people to other organizations that better match their needs or goals*



Hiking



**Know how to be a sighted guide*

**Introduce specialized equipment to potential users*



**Incorporate staff interpreters into adaptive programs and hikes*

Biking



**Happy riders depend on well-maintained equipment*

Biking



** Allow the greatest degree of independence possible*

Biking



**Be mindful of deviations from protocol*

**Follow riders until they have sufficient skills*

Paddling



**Keep gear well-organized – avoid tripping hazards*



** Know the fundamentals of proper transfer techniques*



Paddling Adaptations



**Test prototypes and offer new equipment as it becomes available on the market*

Canoeing



**Integrate family, friends, caregivers*

Cross Country Skiing



Other Winter Trail Use





Come to our Table for Resources!

Thank You